



PROPER FITNESS ATTIRE

Oh, no!

Perfect!

NO!

FOOTWEAR

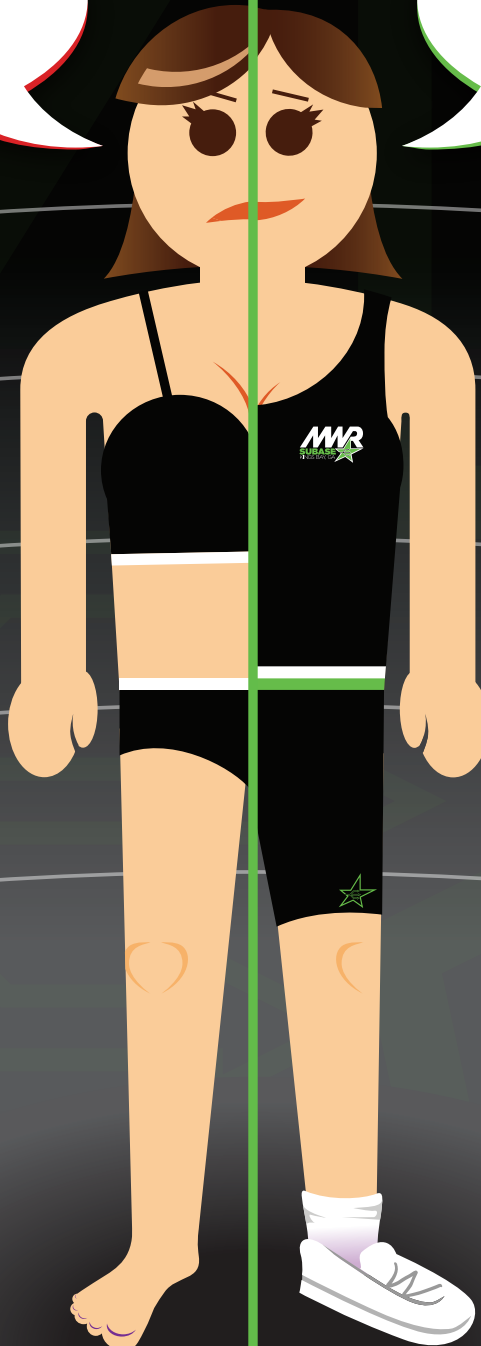
- Bare feet
- Flip flops
- High heels
- Sandals
- Open-toe shoes
- Crocs/clogs

BOTTOMS

- Saggy pants
- Jeans
- Khaki or canvas pants
- Bikinis
- Exposed gluteus muscles
- Shorts shorter than finger-tip length when arms are straight along side of body

TOPS

- Clothing with rivets
 - Modified/homemade T-shirts/tanktops
 - Sports bras w/o shirts
 - Bikinis
 - Exposed cleavage or chest/nipple area
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- Sauna Suit
 - Heavy perfume or cologne
 - Body odor



YES!

FOOTWEAR

- Socks
- Appropriate athletic shoes (tennis, running, court, cross-training)

BOTTOMS

- Shorts longer than finger-tip length when arms are straight along side of body

TOPS

- Un-modified T-shirts or tank tops
 - Underclothing (workout gear with built-in under clothes are ok)
 - When standing, tops must meet top of shorts (at least)
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- Proper hygiene
 - Limited use of perfume/cologne

NOTE:

Approved, Command-issued (military) PT gear is allowed by those authorized to wear it.